Rule 7090-1. Continuance. Requests for continuance of a pretrial conference or trial shall be in the form of a motion, and must (1) state with particularity the grounds for the motion, (2) indicate whether a continuance has previously been granted and whether the opposing party consents, (3) certify that the client consents to the continuance, and (4) be filed at the earliest practical opportunity prior to the trial or pretrial conference. The moving party shall submit a proposed order which provides blank spaces for the date and time of the rescheduled trial or pretrial conference in the event that the court grants the motion without hearing. Motions for continuance will be granted only under exceptional circumstances, and the stipulation of all parties is not sufficient grounds, standing alone, for a continuance.

[Comment: Compare Local Rule 5071-1 (continuances of hearings), and Local Rule 9013-1(C)(8) (no hearing necessary on motion for continuance).]